



TARGET RACE TIME 4 HOURS

MARATHON TRAINING PLAN

MY PLEDGE _____

TARGET TIME _____

TRAINING NOTES _____



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 JAN 27 - FEB 2	Rest Day	6-8km easy	6km at long tempo pace	Rest Day	Rest Day	5km park run	8km easy
2 FEB 3 - 9	Rest Day	6-8km easy	Warm up; 20mins at tempo pace; warm down	Rest Day	6km easy or rest day	10-12km medium	Rest Day
3 FEB 10 - 16	Rest Day	6-8km easy	6km at long tempo pace	Rest Day	Rest Day	5km park run	8-10km easy
4 FEB 17 - 23	Rest Day	6-8km easy	Warm up; 20-30 min at tempo pace; warm down	Rest Day	6km easy or rest day	15-18km medium	Rest Day
5 FEB 24 - MAR 2	Rest Day	6-8km easy	6-8km at long tempo pace	Rest Day	6-8km easy	10km easy	Rest Day
6 MAR 3 - 9	Rest Day	6-8km easy	6-8km at long tempo pace	Rest Day	6km easy or rest day	20km medium	Rest Day



16 WEEK GREAT OCEAN ROAD MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7 MAR 10 - 16	Rest Day	6-8km easy	Warm up, 5-6 x 1km at 10km pace, 2:30 jogging recovery, warm down	Rest Day	6-8km easy	15km easy	Rest Day
8 MAR 17 - 23	Rest Day	6-8km easy	8-10km at long tempo pace	Rest Day	6km easy or rest day	25km medium	Rest Day
9 MAR 24 - 30	Rest Day	6-8km easy	8-10km at long tempo pace	Rest Day	6-8km easy	20km easy	Rest Day
10 MAR 31 - APR 6	Rest Day	6-8km easy	Warm up, 3-4 x 2km at tempo pace, 1:30 jogging recovery, warm down	Rest Day	6km easy or rest day	30km medium	Rest Day
11 APR 7 - 13	Rest Day	6-8km easy	10km at long tempo pace	Rest Day	Rest Day	5km park run	15km easy
12 APR 14 - 20	Rest Day	6-8km easy	Rest Day	Rest Day	6km easy or rest day	35km medium	Rest Day
13 APR 21 - 27	Rest Day	6-8km easy	Warm up, 6-8 x 400 at interval pace, 40 sec/100m recovery, warm down	Rest Day	6-8km easy	Race Specific Workout*	Rest Day
14 APR 28 - MAY 4	Rest Day	6-8km easy	Warm up, 506 x 1km at 10km pace, 2:00 jogging recovery, warm down	Rest Day	6km easy or rest day	25km medium	Rest Day
15 MAY 5 - 11	Rest Day	6-8km easy	Rest Day	Warm up, 3-4 x 2km at tempo pace, 1:00 jogging recovery, warm down	Rest Day	6-8km easy	20km easy
16 MAY 12 - 18	Rest Day	6-8km easy	6-8km at Marathon Pace	Rest Day	Rest Day	6-8km easy	★ RACE DAY GOOD LUCK!



TRAINING PACES EASY PACE = 6:35 per km MEDIUM PACE = 6:00 per km MARATHON PACE = 5:45 per km (3:59:59) LONG TEMPO PACE = 5:35-5:40 per km TEMPO PACE = 5:20 per km 10KM PACE = 5:14 per km INTERVAL PACE = 4:54 per km	★ RACE WORKOUT ★ 5km easy ★ Straight into 5km at marathon pace, 1:00 jogging recovery ★ 4 x 1km at tempo pace, 1:30 jogging recovery after each 1km ★ 5km marathon pace ★ 5km easy ★ Total 24km
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